



SAFETY ADVISOR

MAY 2015



Motorcycle Safety Awareness Month

The Florida Department of Transportation is promoting May as Motorcycle Safety Awareness Month after the State of Florida had almost 10,000 motorcycle crashes with 440 deaths and more than 9,800 injuries last year.

With more than 80,000 miles of roads and year-round riding conditions, Florida is a popular location for motorcyclists, with more than 600,000 registered in the state. The Department emphasizes that it is important for all motorists to practice safe driving behaviors to prevent motorcycle crashes. Stay alert and use common sense and courtesy. And for motorcyclists: Make yourself more visible to motorists by wearing bright colors; always wear safety gear; train regularly;

and stay out of blind spots, especially around large trucks. Obey the speed limit and drive sober are other warnings.

Drivers need to allow a motorcyclist the full lane width; never try to share a lane. They should check for motorcycles in their mirrors and blind spots before entering or leaving a lane or intersection. Do not tailgate and maintain more distance when following a motorcycle.

For additional information about Motorcycle Safety, visit “Ride Smart Florida”, the Department’s own web-site at the following link.:

<http://>

www.ridesmartflorida.com/



INSIDE THIS ISSUE:

Motorcycle Safety	1
Ten Things MC Safety	2
Preventing Tragedies	3
Lyme Disease and Ticks	5
Word Search	9
Safety Slogan	10
Satisfaction Survey	11
Calendar	12

Ten Things All Car & Truck Drivers Should Know About Motorcycles

Over half of all fatal motorcycle crashes involve another vehicle. Most of the time, the motorist, not the motorcyclist, is at fault. There are a lot more cars and trucks than motorcycles on the road, and some drivers don't "recognize" a motorcycle - they ignore it (usually unintentionally).

Because of its small size, a motorcycle can be easily hidden in a car's blind spots (door/roof pillars) or masked by objects or backgrounds outside a car (bushes, fences, bridges, etc). Take an extra moment to look for motorcycles, whether you're changing lanes or turning at intersections

Because of its small size, a motorcycle may look farther away than it is. It may also be difficult to judge a motorcycle's speed. When checking traffic to turn at an intersection or into (or out of) a driveway, predict a motorcycle is closer than it looks.

Motorcyclists often slow by downshifting or merely rolling off the throttle, thus not activating the brake light. Allow more following distance, say 3 or 4 seconds. At intersections, predict a motorcyclist may slow down without visual warning.

Motorcyclists often adjust position within a lane to be seen more easily and to minimize the effects of road debris, passing vehicles, and wind. Understand that motorcyclists adjust lane position for a purpose, not to be reckless or show off or to allow you to share the lane with them.

Turn signals on a motorcycle usually are not self-canceling, thus some riders (especially beginners) sometimes forget to turn them off after a turn or lane change. Make sure a motorcycle's signal is for real.

Maneuverability is one of a motorcycle's better characteristics, especially at slower speeds and with good road conditions, but don't expect a motorcyclist to always be able to dodge out of the way.

Stopping distance for motorcycles is nearly the same as for cars, but slippery pavement makes stopping quickly difficult. Allow more following distance behind a motorcycle because you can't always stop "on a dime."

When a motorcycle is in motion, see more than the motorcycle - see the person under the helmet, who could be your friend, neighbor, or relative.

If a driver crashes into a motorcyclist, bicyclist, or pedestrian and causes serious injury, the driver would likely never forgive himself/herself.

<http://www.forcardrivers.com/quicktips.html>

Preventing Two-Wheeled Tragedies: The Mistakes We All Make

May is National Bike Month. It is the unofficial beginning of the summer and with that comes much warmer weather.

So in the warmer summer months, more people are out bicycling for exercise, recreation, or to run errands, commute to work, or conserve energy. From 2000 to 2012, the number of Americans traveling to work by bicycle increased from 488,000 to about 786,000 (U.S. Census Bureau, May 2014). While a bicycle can offer many health, financial, and environmental benefits, it can also bring the dangers associated with any vehicle.

Cyclists and drivers make mistakes that contribute to crashes, but when a crash happens involving a cyclist and a car, SUV, pickup truck, or bus, it is the cyclist who is likely to be injured or killed.

Bicyclists accounted for 2 percent of all traffic fatalities and 2 percent of all crash-related injuries in 2012. Most bicyclist fatalities occurred between 4 p.m. and midnight (48%) and in urban areas (69%). Almost 9 in 10 (88%) of those killed while riding bicycles were male. One in four bicyclists (24%) who died in crashes had blood alcohol concentrations (BACs) of .08 grams per deciliter (g/dL) or higher, the illegal alcohol level in all States.

Many crashes could be avoided if all bicyclists and motorists followed the rules of the road.

Rules for Biking on the Road

In all States, bikes on the roadway are considered vehicles, and bicyclists are the drivers of those vehicles, with the same rights and responsibilities as other motorists to follow the rules of the road, including:

Go With the Traffic Flow. Ride on the right side in the same direction as other vehicles. Go with the flow, not against it.

Obey All Traffic Laws. As the driver of your vehicle on the road, obey all traffic signs, signals, and lane markings.

Be Predictable. Ride in a straight line, not in and out of cars. Signal your moves to others.

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Yield to Traffic. Almost always, drivers on a smaller road must yield (wait) for traffic on a major or larger road. If there is no stop sign or traffic signal and you are coming from a smaller roadway (out of a driveway, from a sidewalk, a bike path, etc.), slow down, look for traffic, and go only when it's clear. Also yield to pedestrians in a crosswalk.

Stay Alert at All Times. Use your eyes AND ears. Look for potholes, cracks, wet leaves, storm grates, railroad tracks, or anything that could make you lose control of your bike. Listen for traffic and avoid dangerous situations; don't use personal electronic devices when you ride.

Look Before Turning. When turning left or right, always look behind you for a break in traffic, and then signal before making the turn. Watch for left- or right-turning traffic.

Watch for Parked Cars. Ride far enough out from the curb to avoid the unexpected from parked cars (like doors opening, or cars pulling out).

Remember to:

Check Your Equipment. Before riding, inflate tires properly and check that the brakes work.

See and Be Seen. Whether daytime, dawn, dusk, foul weather, or at night. Wear neon, fluorescent or other bright colors when riding, to make yourselves the most visible to others. Also wear something that reflects light, such as reflective tape or markings, or flashing lights. Remember, just because you can see a driver doesn't mean the driver can see you.

Control Your Bike. Ride with two hands on the handlebars unless signaling a turn. Place books and other items in a bike carrier or backpack.

Watch for and Avoid Road Hazards. Look for hazards that may make you crash, such as potholes, broken glass, gravel, puddles, leaves, and dogs. If riding in a group, the rider in front should yell and point to hazards to alert other riders.

Avoid Riding at Night. It's harder for other road users to see bicyclists at dusk, dawn or nighttime. Use reflectors on the front and rear of the bike. White lights and red rear reflectors or lights are required by law in all States.

<http://www.nhtsa.gov/Bicycles>

Spring Is Here and So Are Ticks

Ticks that carry Lyme disease and other illnesses are showing up earlier and in more places. Employees working at outdoor construction or maintenance sites need to be vigilant about protecting themselves from these parasites.

Being familiar with the varieties of ticks that are common to an area is essential. Ticks have distinctive markings and some carry pathogens that cause at least 14 diseases in humans. If you become ill from a tick bite, knowing what a particular tick looks like can speed your diagnosis and treatment.

It is also important to be aware that some ticks transmit more than one pathogen and that some diseases are transmitted by more than one kind of tick. Here are some examples:

Lyme disease

Blacklegged Tick



The blacklegged tick and its close cousin on the Pacific Coast, the western blacklegged tick (both are more commonly called deer ticks), transmit Lyme disease, the most common tick-borne illness in North America. About 30,000 cases of Lyme disease are reported in the United States every year, but the Centers for Disease Control and Prevention (CDC) says the real number of cases is more like 300,000.

Western Blacklegged Tick

Lyme disease can cause chronic arthritis, impaired memory and heart rhythm irregularities. When treated with the appropriate antibiotics in its early stages, people with Lyme disease usually make a complete recovery. Unfortunately, this window of opportunity is often lost. Like many tick-borne diseases, initial symptoms of Lyme disease mimic other more common illnesses and are often misdiagnosed.



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Early symptoms of Lyme disease include:

Rash: A small, red bump may appear at the site of the tick bite. Over the next few days it could expand, forming a rash in a bull's-eye pattern (a red outer ring surrounding a clear area). Some people develop this rash at more than one spot. Others never develop a rash or don't notice it, as it may appear somewhere on the body that is covered by hair.

Flu-like symptoms: Fever, chills, fatigue, body aches and a headache.

Later symptoms include:

Joint pain: Knees are especially likely to be affected, but the pain can shift from one joint to another.

Neurological problems: These include inflammation of the membranes surrounding the brain (meningitis), temporary paralysis on one side of the face (Bell's palsy) and numbness or weakness in limbs and muscles.

Rocky Mountain Wood Tick

Blacklegged ticks are among the varieties of ticks that transmit multiple pathogens. Anyone being tested or treated for Lyme disease should also be tested for anaplasmosis, babesiosis and borrelia miyamotoi as it is possible to be co-infected.

American Dog Tick**Rocky Mountain spotted fever**

Rocky Mountain spotted fever, which has been documented in 39 states, Washington, D.C. and southwestern Canada, is an example of a tick-borne disease that has multiple hosts. If you are bitten by the Rocky Mountain wood tick, the American dog tick or the brown dog tick, you are at risk for Rocky Mountain spotted fever.



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Brown Dog Tick



Rocky Mountain spotted fever causes flu-like symptoms to develop two to 14 days after a person has been infected. The disease gets its name from the red, non-itchy rash that usually appears on the feet and wrists several days into the illness and then spreads. Rocky Mountain spotted fever has a 75 percent death rate when it isn't promptly diagnosed and treated.

Protect yourself from these and all tick-borne diseases:

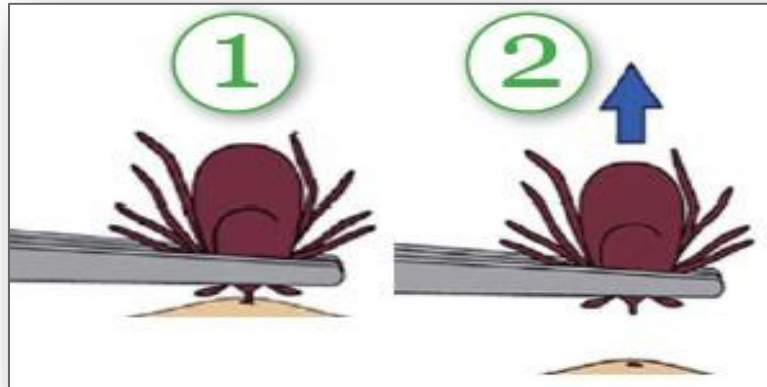
- Wear light-colored clothing to help find ticks more easily.
- Wear long-sleeved shirts and long pants. Wear a hat in areas with lots of vegetation.
- Wear closed footwear and socks. Tuck pants into socks.
- Use a repellent with DEET (on skin or clothing) or permethrin (on clothing and gear). Repellents containing 20 percent or more DEET can be applied to the skin and can protect for several hours. Some clothing can also be purchased pre-treated. Treated items can remain protective through several washings. (Always wash them separately from other laundry.)
- Inspect your entire body immediately after outdoor work or after spending time outdoors in general. Pay special attention to:
 - * Armpits
 - * In and around ears
 - * Behind knees
 - * Areas with body hair
 - * Navel and groin areas
- Take a shower immediately after being outdoors.
- Put clothes in the dryer for one hour on high heat to kill any ticks.
- Wear gloves when handling dead animals.
- If you find a tick, remove it immediately and inform your supervisor.



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Most importantly, if you develop flu-like symptoms or a rash, contact your doctor immediately.

If you find a tick on you, removing it promptly and properly will reduce your risk for becoming ill:



- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure. Don't twist or jerk the tick as this can cause the mouth-parts to break off and remain in the skin. If this happens, remove the mouth-parts with tweezers.
- After removing the tick, thoroughly clean the bite area, the tweezers and your hands with rubbing alcohol, an iodine scrub or soap and water

In closing, remember ticks are generally found near the ground, in brushy or wooded areas. They can't jump or fly. Instead, they climb tall grasses or shrubs and wait for a potential host to brush against them. When this happens, they climb onto the host and seek a site for attachment. So always inspect and you will never have any regrets.

http://www.lhsfna.org/index.cfm/lifelines/may-2015/spring-is-here-and-so-are-ticks/?utm_source=newsletter&utm_medium=email&utm_campaign=May2015

<http://www.cdc.gov/lyme/resources/TickborneDiseases.pdf>

Word Search Puzzle



ALERT TODAY
ALIVE TOMORROW
AWARENESS
BICYCLIST
BIKE
CONTROL
CRASHES
EMERALD
EQUIPMENT

HIGHWAY
INDY CAR
LIMES
LYME DISEASE
MANGO
MEMORIAL DAY
MOTHERS DAY
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PREDICTABLE

PREVENTION
ROADS
SAFETY
SHARE
SOBER
STREET
SYMPTOMS
TICKS
TRANSPORTATION

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SAFETY SLOGANS



“Be prepared for the worst case scenario, not the best!”

Anonymous

“Slow down when the streets are wet and turn your lights on to avoid a wreck!”

Annelly Karron

District II Bridge Tending / Asset Maintenance Specialist



Hotline

Safety Hot Line

(850) 414-5255

You can report hazards by telephone.

You can remain anonymous.

Everything is confidential.

Hotline

Hotline

Hotline

Hotline

This monthly newsletter is produced in the State Safety Office by Mark Eacker. For content information, please call or email the editor, Mark Eacker, at:

850-414-4176 / mark.eacker@dot.state.fl.us

Our internet address is: www.dot.state.fl.us/safety

Our intranet address is: Infonet.dot.state.fl.us/safetyoffice/



Safety Advisor Customer Satisfaction Survey

We are interested in your opinion. In order to better serve your needs, please take a moment to fill out this brief questionnaire. Send to:

Fax: 850 414 4221

Via US Postal Service (or inter-office mail) to the address shown below:

**Attention: Industrial Safety
Florida Department of Transportation
605 Suwannee Street, MS 53
Tallahassee, Florida 32399-0450**

Survey Questions	Yes	No
Are the Safety Advisor topics relevant to your day to day job?		
Do you use the Safety Advisor in any manner other than read it?		
What would you suggest to improve the suitability of the Safety Advisor to your needs or to improve the overall quality? (Please be specific)		
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Do you have any questions regarding Industrial Safety programs and/or operations? Please feel free to include your questions or comments.		
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Safety Slogan of the Month Entry Form

You are encouraged to submit safety slogans at any time

Slogans are judged on originality

**You may also email your slogans to mark.eacker@dot.state.fl.us
In the subject line of your email please write "Safety Slogan Entry"**

Please Print
Safety Slogan

Name: _____ Location/Office: _____
District: _____ Phone: (____) _____



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	29	30	1 PAY DAY	2
3	4	5	6 Bike to School Day	7	8	9
10 Mother's Day	11	12	13	14	15 Bike to Work Day PAY DAY	16 Armed Forces Day
17	18	19	20	21	22	23
24 Indy 500 31	25 Memorial Day State Holiday	26	27	28	29 PAY DAY	30

May 2015 is Observed as	Motorcycle Safety Awareness Month; National Bike Month; National Physical Fitness and Sports Month; National Mental Health Awareness Month; Healthy Vision Month; National Foster Care Month; National Mobility Awareness Month; Older Americans Month; and National Building Safety Month.
Birthstone	Emerald.
Fruit & Veggies for the Month	Mangos; Limes; and Potatoes.
May Flower	Lily of the Valley & Hawthorn.
Astrological Signs	Taurus (till 20th) & Gemini (21th →).
Other May Dates & Events	May 3-9: Be Kind to Animals Week; May 1: Law Day; May 1: Loyalty Day; and May 11-15: National Bike to Work Week.